

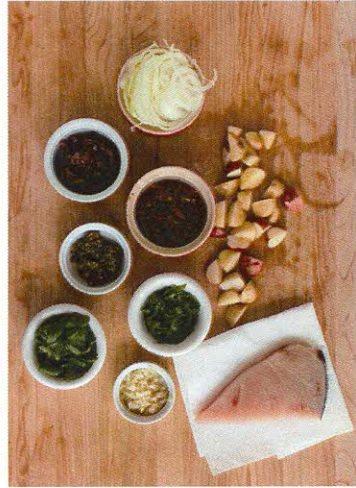


## Ingredients

- 1 yellow onion
- 3 cloves garlic, divided
- 6 sun-dried tomatoes
- ¼ cup Kalamata olives
- 2 tablespoons capers
- ¼ bunch basil
- ¼ bunch parsley, divided
- 12 ounces Yukon Gold potatoes
- 12 ounces swordfish
- ¼ cup white wine
- ⅛ teaspoon crushed red pepper (optional)

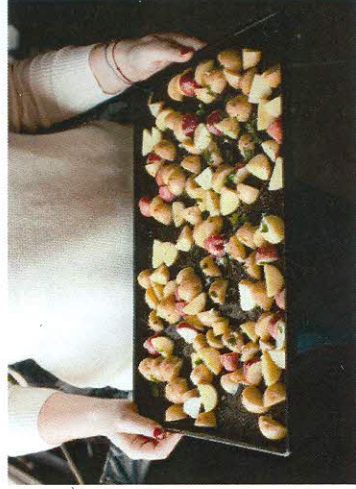
## What You Need At Home

- baking sheet
- large pan
- 3 tablespoons olive oil
- kosher salt
- black pepper



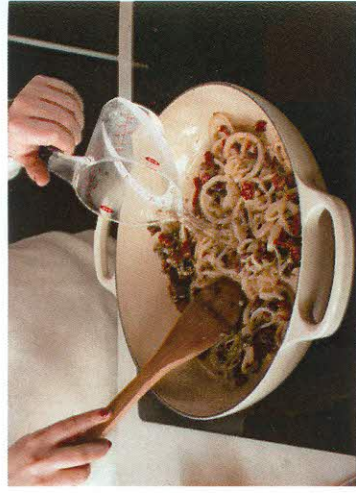
### 1. Prepare Ingredients

Preheat oven to 425°F. Peel onion and thinly slice. Mince garlic. Roughly chop sun-dried tomatoes, olives, and capers. Rinse basil and parsley and roughly chop leaves, discarding stems. Rinse potatoes and quarter. Rinse swordfish and pat dry with paper towel.



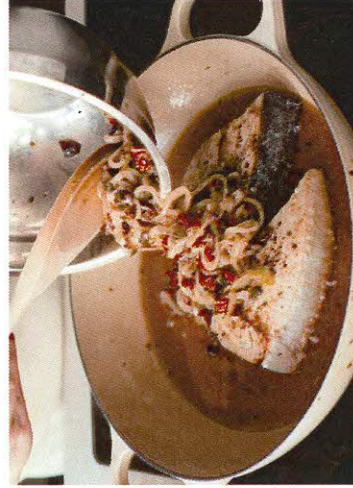
### 2. Roast Potatoes

On a baking sheet, toss potatoes with 1 tablespoon olive oil, half of garlic, half of parsley, salt, and black pepper. Arrange in a single layer and roast until golden brown and tender, about 25 minutes.



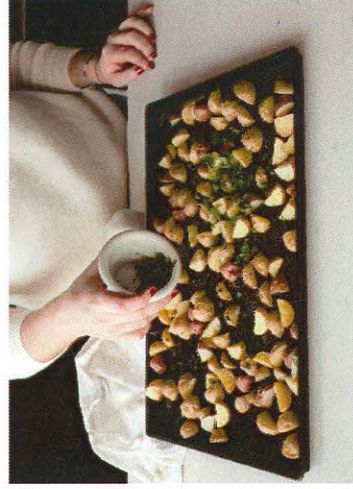
### 3. Prepare Sauce

Meanwhile, heat 1 tablespoon olive oil in a large pan over medium heat. When oil is shimmering, add onion and cook until soft and translucent, about 5 minutes. Add remaining garlic, sun-dried tomatoes, olives, and capers and cook until garlic is golden, 1-2 minutes. Add white wine and crushed red pepper, if desired, and cook until reduced by half, 1 minute. Transfer sauce to a bowl and set aside.



### 4. Cook Swordfish

Season swordfish on both sides with salt and black pepper. Add 1 tablespoon olive oil to pan from sauce over medium heat. When oil is shimmering, add swordfish and cook until golden on outside and cooked through, about 3 minutes per side. Add sauce and basil and warm through. Taste and add salt and black pepper as needed.



### 5. Season Potatoes

Toss roasted potatoes with remaining parsley. Taste and add salt and black pepper as needed.



### 6. Plate Swordfish

Divide swordfish and sauce evenly between 2 plates. Serve potatoes alongside.

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## Glossary

Kalamata Olives: Kalamata olives are dark purple with a tapered oval shape. Bright and fruity, they are often packed in a vinegar-based marinade.

## Cooking Tip

Cooking the sauce separately from the fish ensures that the ingredients won't be overcooked, and that the liquid won't reduce too much.

Be sure to read through the entire recipe before you begin cooking. Trust us--you'll be glad you did!

Visit [youtube.com/theplated](https://youtube.com/theplated) for helpful how to videos!


USDA recommends cooking fish to 145° F.

## Sicilian Style Swordfish with Parsley Garlic Potatoes



servings 

 30-40 minutes

 700 calories per serving

